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Posters

P1

HEALTH IN THE EXPERIENCES OF IRANIAN WOMEN WITH DIABETES

Aghamohammadi, M.
Ardabil University of Medical Sciences, Iran

Health is a key concept of nursing which has not been fully described in nursing literature. Thus this study is devoted to exploring the meaning of health among Iranian women with diabetes. Hermeneutic phenomenology based on van Manen's approach was used. Nineteen diabetic women referred to the diabetes center of Imam Khomeini hospital in Ardabil-Iran, were recruited using purposive sampling method. Unstructured interviews were used for data gathering. Each interview was recorded with participants' permission and transcribed verbatim after the meeting and analyzed simultaneously. Data analysis led into emerging five main themes which are as follows: God-centered life, health as precious possession, health as well-being, independence and acceptance. Health is an issue that is important for the patients and they try to cope with the illness by using spiritual and religious incentives as well as changing lifestyle. These elements lead to a feeling of more health in these patients. As a result, taking these factors into account in planning for health care is recommended for these patients. Moreover, findings of this study can be used by health care teams to revise their opinions about diabetic patients according to the culture of their patients.

Keywords: diabetes; health; Iran; phenomenology; women

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